

York County Area Agency on Aging

Steps to Healthier Living



Chronic Disease Self-Management Program



Workshop Topics:

- Physical activity
- Sleep
- Stress management
- Communication
- Healthy eating
- Action planning
- Problem solving
- Weight management
- Goal setting
- Medications
- Understanding emotions

Who is Eligible?

**60+ and living with at least
1 chronic disease**

**Caregivers and family
members welcome**

Where: Golden Connections Community Center, 20C
Gotham Drive, Red Lion, 17356

When: Tuesdays, October 4—November 15, 2016
(no class November 8)

Time: 10:30AM—1:00PM

Call to Register:

Golden Connections Community Center
@ 717-244-7229

***No charge for the program!**



The Diabetes Self-Management Program, an evidence-based Stanford Self-Management Program developed at Stanford University, and is supported by grant number 90CS0053-01-00 to Health Promotion Council from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living

